



## Keeping Good Health Close To Your Heart in 2012.

Montana Chamber Choices Health Insurance Program wants your employees to have healthy hearts, and for your business to be as fruitful as possible. The following benefits are ways your business can achieve a heart healthy and productive workforce in 2012.

- **Help Prevent Heart Disease.** February is American Heart Month. Heart disease is the leading cause of death in the U.S. The chance of developing heart disease can be prevented by taking the proper steps to reduce your risk. Quitting smoking, exercising regularly, living a healthy lifestyle and good nutrition are all ways to help prevent heart disease.
- **Buy Affordable Health Insurance.** Montana Chamber Choices has a history of providing comprehensive health insurance at an affordable, stable rate for you and your employees. The program covers employers with 2-99 employees. Call your local agent to get a quote on any of the 10 plan options.
- **Start a Health Savings Account (HSA).** Health savings accounts are a growing trend in health care. An HSA is a tax exempt savings account established to help pay for the qualified medical expenses of an individual. HSA's are offered in conjunction with High deductible health plans (HDHP's). Chamber Choices offers a variety of plan options that are HSA eligible.
- **Shape Up Montana.** Montana Chamber Choices is once again a proud sponsor of this exceptional wellness and physical activity program. Chamber Choices customers get a discount on their registration. Shape Up is a 3 month team competition from February 1- May 1<sup>st</sup> that encourages Montanans to develop healthy eating and physical activity habits.
- **WellVision Exam.** High blood pressure, diabetes, and other diseases can be detected through a vision exam. As of January 1, 2012 all employees and dependents covered on Montana Chamber Choices Health Insurance have a vision benefit through vision service plan (VSP) that includes a \$10 copay at a VSP provider for an annual WellVision Exam.
- **Preventative Dental Exam.** An annual visit to the dentist can be very beneficial for your health. It ensures oral health and can detect other underlying health issues. Dental visits are especially important for people with diabetes and expectant mothers. Most Montana Chamber Choices plans offer a \$100 preventive dental benefit. There is no network restriction with this benefit. Make your appointment today!
- For more information on Chamber Choices visit [www.chamberchoices.com](http://www.chamberchoices.com).

